



THE COLONNADE

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WEEKEND WEATHER

Fri.	Sat.	Sun.
60 45 0%	67 48 20%	74 49 20%

Source: <http://weather.com>

NUMBER CRUNCH

80%

Percent of American women are dissatisfied with their physical appearance.

Source: www.edap.org

Students survive the tempest



BRITTANY THOMAS / SENIOR PHOTOGRAPHER

BY LEE SANDOW
SENIOR REPORTER

The storm that ravaged Milledgeville last Thursday caused tree limbs to fall, creekbeds to overflow and tornadoes to cause destruction as they whipped across the landscape.

The tornado warning that accompanied the storm also caused the cancellation of classes, the closing of the opening night of “The Vagina Monologues” and it forced many students to seek shelter.

Erin Gorman, sophomore business manage-

ment major, was in class when the tornado warning was issued.

“I was sitting in class and a cop came in and said that ‘class was over, and we had to leave,’” Gorman said.

The tornado had been sighted in the southwest of Milledgeville, and it crossed Highway 49, causing the road to be closed for several hours.

“The Vagina

(Left) A recess behind The Grove before the storm on Thursday. (Right) The same recess after the storm. More than half an inch of rain fell in Milledgeville over the course of the night. (Below) A tree fell on the windshield of the car owned by graduate student Jennifer Ewing, which was parked outside her apartment.



JESSICA MURPHY / SENIOR REPORTER

Monologues” never got a chance to begin on its opening night before the inclement weather caused the cancellation of the show.

Students in all the residence halls were required to take shelter in the designated areas of their residence halls. For the residents of Bell Hall, this was



BRITTANY THOMAS / SENIOR PHOTOGRAPHER

the community room on the ground floor.

“There wasn’t anything to do,” freshman Corey Olesen said. “But I’m glad the RAs are looking out for us.”

To pass the half-hour, the resident assistants brought several board games to pass the time. One of which was, ironically, Twister.

Other tornadoes in the state killed nine people, and tore a gaping hole in

the city of Americus.

Even in Milledgeville, which was unscathed by the tornado, the wind and rain caused damage to many buildings and cars.

“I was worried about my apartment, because it was right in the path (of the tornado) down (Highway) 49,” Gorman said. Her apartment was not damaged.

Jennifer Ewing, a grad student, was not so lucky. A falling tree landed on top of her car.

“First, I was in shock,” Ewing said. “Really, a tree in my car. I was worried about what I was going to do.”

Few votes determine SGA election

BY DEVIN VERNICK
SENIOR REPORTER

Five thousand college students can make a lot of noise, granted, they make the choice to speak out. Of the 5,000 students who attend GCSU, a little over 500 chose to vote in last week’s Student Government Association officer election. That’s 200 more than last year’s election.

“GCSU students don’t realize their rights,” Rachel Hodge said.

Hodge, the current SGA Vice President, would love to see GCSU students take a greater interest in their student government.

“We want people to know who we are,” Hodge said.

Hodge and other current SGA officers were pleased to see an increase in student participation



KATEY FOLLETT / STAFF PHOTOGRAPHER

(L-R) The newly elected Vice President of SGA Matt Alhant, secretary Alissa Torchia and treasurer DeMarcus Greene will join president Ryan Greene as the SGA officers for 2007.

from last year. SGA is responsible for student concerns, allocating funds towards student organizations, and advocating new student policy to President Dorothy Leland

and the rest of GCSU’s administrative staff.

Among their goals, the recently elected officers believe getting GCSU students to vocalize their needs is a key priority for

the 2008 school year.

Newly elected SGA president Ryan Greene, a sophomore business

ELECTION Page 8

Illegal meds assist student studies

BY PJ SCHINELLA
STAFF WRITER

Illegal amphetamines have become the steroid of academia and new solution for college students attempting to stay focused and awake for all night study marathons.

Coffee, cigarettes and energy drinks can only do so much at 2 a.m., especially when a major exam or research paper is approaching its deadline in a few short hours. Whether students have perfected the art of procrastination or struggle to stay focused, they all too often resort to use of an amphetamine known as Adderall.

According to Dr. Christian Teter, clinical research pharmacist published in Medical News. Over 75 percent of college students use prescription stimulants. Students want improved concentrate ability in academically competitive environments.

“Adderall is only the common brand name; it is an amphetamine with dextroamphetamine,” said Dr. Ken Altry, CVS pharmacist.

Introduced in 1996, it is currently the most commonly prescribed stimulant.

“The increase is very noticeable and within the last three years prescrip-

The ‘scoop’ on the sweets shop



WILL GODFREY / SENIOR PHOTOGRAPHER
(L-R)Lisa Scarboro, a junior mass communication major, and Mallory Smith, a freshman management major, work at Scoops, where they prepare candies and ice cream for customers.

BY KATIE HUSTON
SENIOR REPORTER

Be prepared to get the catchiest tunes from the ’60s stuck in your head for days after a visit to downtown Milledgeville’s newest addition. It is hard to miss the sounds of oldies music seeping onto the streets of downtown Milledgeville or the giant jellybean mural of Elvis that has already become a landmark.

Take the imagination on a journey back to childhood and indulge in a variety of wall-to-wall candy selections. Liberate the taste buds with countless combinations of the best flavors ice cream has to offer.

Students all over campus have already become regulars at Scoops Gourmet Coffee & Sweet Treats. The shop opened Feb. 22, and business has not slowed down yet.

Jennifer Myrick is a sophomore and started working at Scoops soon after it opened.

“I come in everyday and just smile,” Myrick said. “I feel like I’ve been working here longer. It’s been busy, but great.”

Busy with customers like junior John Camp who had not heard about the shop prior to his visit. He liked what he saw.

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ADDERALL Page 8

A day out of the ordinary - CAB’s Spring Bling



JAMES ODOM / STAFF PHOTOGRAPHER
GCSU students enjoyed the inflatables on Front Campus as apart of Spring Bling Week. On the lawn was an inflatable obstacle course (above), a dueling ring and a bungee run. Thomas Crawford, GCSU Junior, competes on the bungee run (right).

BY S. ASHLEE MOONEYHAN
STAFF WRITER

It is that time of year again—midterms, all-nighters, tests and papers. The Campus Activities Board (CAB) steps in about that time every year to lend a hand of relief by providing free activities for students to take a break from the stress and tension of the midterm season. This year that time was aptly deemed the Spring Bling week.

Students settled down to a “Family Guy” marathon on Monday night, which included a deal of free pizza. Tuesday night was full of roulette, poker and prizes during Casino Night in the Student Activities Center. Front Campus was hopping with inflatable games on Wednesday, giving students the chance to blow off some steam under the bright midday sky.

Thursday was scheduled to conclude the Bling with a Spades Tournament in the Pine Lounge, but torrential rains and a tornado scare quickly shut the event down. The Spring Bling week, however, was still a success according to Natalee Mayo, a junior mass communication major who is a member of the CAB executive board.

“Anyone who was on campus on Wednesday noticed how much fun a bunch of college students can have on inflatables that are normally used for kids,” said Tara Holder, a junior political science major and a member of the executive board. “We

were lucky it was such a gorgeous day out.”

The best turn out for any single event during the Spring Bling was on Wednesday for the inflatables. The festivities on Front Campus were hard to miss during class changes as people could be heard laughing and having a good time near the large and colorful inflated structures. The front lawn was dotted with lounging blankets and numerous flying discs were airborne as lines were formed at each inflatable activity.

“Going through the obstacle course, I felt squished like a stress ball,” said Nora O’Buck, a junior nursing major.

The CAB executive board is mainly comprised of students, who decide on events and activities to provide for the campus community. The four student members of the board decide how to use the budget allotted to them from student fees in the best ways possible so that free events can continue as an on-campus entertainment option for students.

“We try to come up with events that are entertaining and a little out of the ordinary for college students,” Holder said.

The members of the CAB executive board are not cheapening the quality of the free events, either. During the casino night, a DVD player was included in the prize cache. Typical prizes may also include T-shirts, gift baskets, or gift



JAMES ODOM / STAFF PHOTOGRAPHER

certificates. Also, most events they put on include a range of food items like pizza and other snacks. It seems there is always something to gain from CAB events and activities, whether it be a full stomach, a good time with friends or free prizes.

Future events that may spark your fancy include a visiting comedian from “Last Comic Standing,” a “Sex in the City” marathon, and exclusive movie showings on the big screen in Magnolia Ballroom.

To find out what new stuff the CAB is planning, you can check out the Facebook group called “What? Free Stuff? Heck yes for CAB!” or visit the SAC for more information.

The CAB executive board is open to new suggestions from students through e-mail about how to use the budget for future events and activities. The email address where members of the board can be contacted is cab@gcsu.edu.

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Body image still a problem for many women

BY BROOKE WILLIAMS
STAFF REPORTER

In our society today, it is difficult to imagine a time when a man would compliment a woman for gaining a few pounds and instead of the woman running away crying, she would smile and say thank you.

Until about the 20th century plump was in and thin was out. The reason for this was that food was always in short supply and most men and women spent their lives just trying to survive. Being overweight was a sign of wealth and prosperity; more pounds meant more money, power and better health.

According to a review on obesity written by Dr. D. Haaslam for the Department of Trade and Industry, 30,000 years ago, art such as Venus of Willendorf and other prehistoric statuettes depicted women that were obviously obese showing the value of fertility and survival.

“Survival of the fittest dictated that individuals who stored energy in the most efficient way would survive the inevitable fast and famine that would follow times of plenty,”

Haaslam wrote.

For thousands of years, the elite and powerful in cultures around the world have distinguished themselves from lower social classes through weight and body image and through beauty and fashion trends. Today, however, the standard of beauty is completely reversed.

As technology advanced, the food supply and size of waistlines grew.

“For the first time in our planet’s history, a species no longer lives at the mercy of scarcity,” said William Saleton in an article written for The Washington Post concerning the obesity epidemic. “We have learned to feed ourselves. We have learned so well, in fact, that we’re getting fat. And it’s not just the United States and Europe, it’s the whole world.”

Even though the media is constantly putting the image of thin, beautiful females and perfectly chiseled males on movie and television screens, the Internet, in magazines and newspapers, the majority of Americans are getting larger, not smaller.

Only one percent of the American population is

anorexic, according the national Centers for Disease Control and Prevention, while two-thirds of adults are overweight or obese.

- Ø Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives.
- Ø Girls who diet frequently are 12 times as likely to binge as girls who don’t diet.
- Ø The average American woman is 5’4” tall and weighs 140 pounds. The average American model is 5’11” tall and weighs 117 pounds.
- Ø Most fashion models are thinner than 98 percent of American women.
- Ø 91 percent of women recently surveyed on a college campus had attempted to control their weight through dieting, 22 percent dieted “often” or “always” (Kurth et al., 1995).
- Ø 95 percent of all dieters will regain their lost weight in 1-5 years (Grodstein, et al., 1996).

Information from Statistics from National Association of Eating Disorders

Now that everyone is large, being thin is the new body image obsession, the new desired body type.

“Just as tanned skin became a sign of upper-class leisure once we started living most of our lives indoors, thin got popular because it is an external sign of social capital,” said Ken Mondschein, PhD.

candidate at Fordham University in an article he wrote concerning body image.

“We now associate extra weight with things that we

one, male and female, young and old and many who are not even overweight. Young adults are more likely to develop a negative body image because they are bombarded with media that promotes many unattainable images of perfection.

In a random survey conducted by The Colonnade, 43 out of 50 GCSU students were unhappy with their current body weight. All the students that were surveyed said they felt some pressure from the media to look a certain way.

“Mostly women are affected by negative body image and develop eating disorders,” said Dr. Gregory Jarvie, a professor of psychology at GCSU. “Men are increasingly being diagnosed with eating disorders but there is still more emphasis on physical appearance for women than men. A lot of young women want the type of alpha male that only date girls with the thin ideal body type.”

Just as in the past, body size has been used as a way to measure class and social status. The thin are given the top seats on the ladder

of social hierarchy and those outside of that slender ideal are usually left on the bottom. But as societies change, people and their ideals change as well. Many, especially women, are overcoming the pressures to fit into one very narrow view of beauty and accepting more physical diversity.

“I had an eating disorder my senior year of high school,” said Gretchen Debaun, a junior sociology major. “I just got obsessed with the idea of being skinny. Then my roommate my freshman year at GCSU made me stop constantly worrying about how I looked because it wasn’t an issue at all for her. I still would like to get in better shape but I know all I have to do is exercise and eat regular meals, I wouldn’t ever do that to my body again, it’s just not worth it.”

To see results for a survey on beauty from the Colonnade, visit www.gcsunade.com.

Tell us how the media affects your body image on our discussion board.

Students keep up with the skinny media image

BY RENEE STONE
STAFF WRITER

College students fight the daily battle of self-image and how to maintain and perfect it into the ‘beauty’ molds that are created by the media and pop culture.

“It would be nice to have our views on images changed, but right now, that’s not happening,” said nursing instructor Sallie Coke. “And I am floored when I open a magazine and you see those models and you can tell that they are pencils.”

New ways to lose weight and attaining flawlessness through diet supplements have been advised to the masses on a regular basis. These so called solutions to attaining ideal beauty seem simplistic and reachable for everyone.

Coke talked about the risks in using these “quick fix” answers.

“The thing that you have to remember is that not everybody can take these pills without consequences,” Coke said. “If they are on any kind of medication, there could be major side effects that can counteract or cause those levels to get higher in their blood.”

She offered advice to college students on how to lose weight and keep it off in a healthy and manageable way. She suggested that students give up excessively consuming unhealthy eating and drinking products like carbonated beverages and desserts. She also recommended eating in moderation and tame tempting cravings by replacing the



PHOTO COURTESY OF THE WEB

unhealthy ones with a healthy solution, like fruit, and make these healthy choices a lifestyle.

College can be stressful for students. Time seems to have shortened, and everyday tasks continue to build and multiply.

Tyne Owens, a freshman who will be transferring to GCSU next fall struggles with accomplishing her daily tasks and still finding the time for fitness.

“My daily routine is packed,” Owens said. “Between school, friends, eating and sleeping...there is no time left for working out. I also don’t have time to cook myself a healthy meal, so I eat whatever is easiest; and that usually means fast food. It’s easy, and cheap.”

Owens said she was active in high school; she was involved with cheerleading and worked out on a regular basis. She said the media has impacted her self-image. Throughout high school, especially in cheerleading, and college she has tried to live up to the “beauty” standards that the media has set.

She said diet supplements have been the answer for keeping weight off in her busy schedule.

“I have tried a couple of different kinds,” Owens said.

She has tried the diet pill Stackers, but did not continue using them because they gave her headaches. Now, she uses a green tea diet supplement called Hoodia, and she has had no problems with it.

“Makes my body look the way I want! But, if I had the time to live a healthy lifestyle, I would give up these pills in a heart beat!” Owens said.

Ryan Mickey, a junior economics major, takes a different approach to keeping in shape. He works out three to four days a week, and although he has taken protein shakes in the past, he continued to work out on a regular basis.

Assistant Director of Counseling Services Susan Hendley gave advice on attaining a healthy self-esteem image for students in a media driven society.

“Try to focus on what’s healthy for them, and to recognize that they need a variety of foods, a variety of activities,” Hendley said, “that they need quiet time as well as busy time, and that they’re not supposed to be perfect.”

The importance of Women’s History



BY JOURDAN HAMILTON
COLUMNIST

March is national Women’s History Month; if you had asked me, “What month is National Women’s History Month?” before this year, I probably would not have been able to tell you. That’s not good.

I also have a suspicion that I am not the only man on campus who has really never given it a second thought. Yet we’re supposed to be expanding the way we think and what we think about, right? Women’s history is everyone’s history and like any other history that does not follow the hegemonic canon we don’t know enough of it.

One of the reasons that I have never paid much attention to it is because I have the “privilege” of being able to ignore issues brought to a special spotlight this month. I don’t have to worry about the ridiculously high rate of domestic abuse because no woman is going to beat the hell out of me, or abuse me in some other inhumane way. I don’t have to worry about being aware of the inconsistency in pay rates because I get paid more: I’m a man. According to the Census Bureau, the 76 cents that women make to

men’s dollar is an all-time high. And here we are in the 21st century. Well, that’s one of a few things that are still backwards.

But Women’s History Month is more than giving more attention to issues that women’s rights activists lobby for all year. It is to honor the contributions women have made to our society throughout American history and human history that are often overlooked. It is to remind us that not only does history have its heroes, but it has its heroines as well. It is to inform the uninformed of the fact that feminism is the belief that all people are created equal, whether they are man or woman, and should be treated as such. I’m not talking about chivalry either; it is dead. I’m referring to equality in the eyes of the established institutions. In essence, it is to make people aware of the things that have happened and that are happening so that they can no longer claim ignorance as an excuse for anything.

For those of us fortunate enough to have known our mothers, and had a positive relationship with them, it is for them. It is for grandmothers, sisters, daughters, any woman who has enriched your life or the life of another.

James Brown, and Betty Jean Newsome, immortalized the truth when they wrote,

“This is a man’s world. This is a man’s world. But it would be nothing, nothing, without a woman or a girl.”

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WILL GODFREY / SENIOR PHOTOGRAPHER

Scoops is usually bustling with activity, both student and residential. (L-R) Elyse Williamson, a sophomore general business major, and Amanda Law, a freshman general business major, enjoy the food at one of the many tables located inside the shop.

Scoops

Continued from Page 1...

"It was the most colorful place I've ever seen. It was at night but I felt like I needed sunglasses," Camp said. "If you were six, you'd be out of control."

With an assortment of gourmet coffees, dozens of ice cream flavors and treats galore, Scoops hopes it has what would get anyone's mouth watering.

"We've got the ice cream, and a lot of people get candy," Myrick said. "It's been great when people come in and realize how much we have and they can get candy from when they were little."

Camp was most impressed with the assortment of sweets the shop has to offer.

"They sell candy by the pound," Camp said. "They've got every kind of candy you've ever heard of."

Scoops first opened shop in Madison and next in

Covington. Milledgeville is the first franchise that owners Susan Kirk and her husband Jim Kirk have opened.

Keeli Paschal is the manager of the Scoops downtown and has been with the business since it opened.

"We are a place that is open for everyone. There's something for everybody," Paschal said. "We have 2-year-olds to 90-year-olds coming in."

Scoops, which makes ice cream its specialty, takes pride in the uniqueness of their business. They have offered a breath of fresh air to downtown and students have taken notice.

"I think we did need it. Look at straight-up ice cream places like Bruster's, I don't like it that much," Camp said. "Probably, I'm going to go (to Scoops) once every 12 days."

Scoops has the upper-hand on other businesses that specialize in the same trade.

"Susan and her husband came up with all of the (ice

cream) recipes," Paschal said. "There is a place in Atlanta that makes it and they ship it here."

Though Scoops is proving to be a welcome addition to the downtown scene, its downfall is the college student's typical budget.

"It's an amazing place," senior Cassidy Thigpen said. "It's a little pricey though, but it's gourmet. I mean, you wouldn't go to (a place like) Chop's expecting it to be cheap."

Sophomore Seth Womble has been to Scoops once so far. He plans to go back if his finances allow it.

"If I have the money, I'd like to go back," Womble said. "I like ice cream occasionally. It's open late too, which is really nice."

Scoops is open Monday through Thursday from 7 a.m.-10 p.m., Fridays 7 a.m.-11 p.m., Saturdays 10 a.m.-11 p.m., and Sundays from 1-9 p.m. Look for future Scoops opening this spring in Dacula and Locust Grove.

March is...

National Women's History Month

The Office of Institutional Equity & Diversity recognizes the following GCSU alumni women for their extraordinary contributions to society:

Quay Fuller

- A successful Real Estate Broker.
- Community Leader.
 - Former GCSU Alumni Board member.
 - School of Business Advisory Board member.
- Contributes to philanthropic causes.

Kim H. Martin

- Vice President and General Manager of WE tv (Women's Entertainment Television).
- Oversees all aspects of the network, including marketing, programming, production and scheduling.
- She is credited with the rapid growth of WE tv, now available to more than 62 million U.S. households.

Suzanne Pharr

- Civil Rights activist and author.
- Life's work has been focused on building a multi-racial, multi-issued movement for social and economic justice.
- Founded the Women's Project in Arkansas and was on the staff for 18 years.
- The first woman director of the historic Highlander Research and Education Center.
- www.suzzanepharr.org

Fifina Stephens

- Director of Milledgeville Housing Authority.

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DOMINY'S DOODLES

BY KYLE DOMINY



Stereotypes stretch across campus

BY JOURDAN HAMILTON
COLUMNIST

The Colonnade printed a column a few weeks ago asking why black people, in Sodexho, tend to sit at the same table. Now, while this may or may not be a pertinent question for our society, there were some ideas and even accusations which we felt needed to be revisited and discussed.

Let's go back, to 1776, which was the first year of the American Revolution. It was in this year that the Great Seal Committee adopted not one but three Latin phrases as mottos for our country, all of which can be found on the one dollar bill. These Latin phrases are *annuit coeptis*, *novus ordo seclorum*, and the most notorious, *e pluribus unum*. *E pluribus unum*; out of many, one, is the noble principle on which our great country was founded, right? Yes, but not for the romanticized reasons that many believe today. That motto, at the time of inception, had nothing to do with the many different peoples that would come to live in the United States of America. The phrase was adopted because of its reference to the thirteen original colonies that were integrated into one united country. Later, when the American Revolution started to fade into the past a bit, and the motto's reference shifted from colonies to people in the minds of the colonists, you can be sure they were not talking about colored races of people. The reference as it pertained to people meant whites.

As the different immigrant groups came to America they were identified according to their nationality: French, German, Irish, Italian, British, etc. However upon arriving in the U.S.: they dropped their loyalties, languages, even many customs under the name of America. In as little as a generation or two these

people were no longer (fill in the blank) they were American, white American to be precise, thus the phrase: Out of many, one. Out of many European peoples, one white American. Do not be naïve enough to think that this motto is how we have always lived; if that were the case, American history would not clearly state that blacks were only counted as three-fifths of a person. We would be ignoring the fact that the elite founding fathers did not intend for Africans to be included in their "one." Then we would also have the right, as Americans, to ignore the Native American genocide and the African slave trade. We could also ignore Post Reconstruction Jim Crow, Japanese Internment, the race riots of the '80s, the surge in hate crimes of the '90s, and the post-911 unlawful detainment of hundreds of Middle Eastern people around the country. However, if you are a person brave enough to look straight at the truth, no matter how bright it might burn, then read on.

Ignorance, even naivety, is a dangerous thing. It lulls us into a sense of complacency, a feeling that everything is all right. It allows us to think that racism, should we choose to acknowledge its existence, which surprisingly many of us do not, is no longer "a big deal." It makes us think that, because we do not see it manifest itself in our everyday lives, it does not rear its ugly head in the lives of others. If this is you, count your blessings, but do not turn a deaf ear to the protests of others, or blind yourself to free information. Take a look at the news, at census statistics, at the Federal Bureau of Justice Statistics, and ask yourself why there is such a disproportionate number of blacks in the penal system. Ask yourself why you have never been looked at crazy or even followed when you walk into a high priced store. Ask yourself why the common phrase "He/She is cool/athletic/hot/smart/talented, for a ____ guy/girl" is so common. Should it matter? No. Does it matter? Yes. You do not have to be black or even "colored" to be a victim of racism - some of the most outspoken and even dan-

gerous racists are non-whites - however, racism in America most directly and negatively affects the lives of the nonwhite. You disagree? Federally mandated policies of racism from pre-1776 and onward must count for something.

Choice is a word that we heard a lot when reading and discussing this topic, and it is a word that we will continue to use. You have a choice as to whether or not you will believe what is written here. We have a choice as to whether or not we will believe what somebody tells us about their daily walk through life. We have a choice as to whether will we empathize or devalue their message.

Unfortunately, many of us choose to devalue and depreciate what we are told. This leads to resentment and distrust from those of us who have tried to share. I am not saying that this is the sole reason for separation of groups in Sodexho, but I will not count it out either. We have the option to choose who we are friends with. Groups of friends have the option to choose where they want to eat. If these groups of friends choose to eat at Sodexho, they can also choose to eat together at the same table or disperse themselves out amongst the dining hall like, in this case, raisins in a rice bowl.

Instead, these groups of friends have been accused of deciding to sit together because they feel like they can get away with something. According to the Federal Bureau of Justice, the national incarceration rate for blacks is 8.2 times the rate for whites. In states where the disparity between whites and blacks is the greatest, the incarceration rate is even higher.

Take Minnesota for example. Blacks are incarcerated at a rate that is 23 times higher than whites. However, they do not even make up a quarter of the population. Crime is committed in almost direct correlation to percentage represented in the population, so why is it that 45 percent of the people sitting in prisons are black? It should be closer to 13. According to these statistics, blacks have a hard time "getting away with anything."

But let us flip the coin. Let us ask, "Why are there white tables at Sodexho?"

Or is that question off limits? Is it just another privilege of the majority that that question is never asked of them?

Yeah, it is noticeable where the black people sit, because they are black. Not only are they black, but they are black at an overwhelmingly white school. So the only people who would not notice the color contrast in Sodexho would be blind or walking around with their eyes closed. If the few white people who attend historically black colleges, and yes it happens regularly, decided to sit together could we then ask why are the white people sitting together? Or could we just assume they must be friends? No, that cannot be right, they must be trying to get away with something, or even worse they must be trying to create an elite society that will one day conquer the nation and outnumber the blacks. Wait a second...

These absurd assumptions about the motives of people based on their race have gotten us where we are now: relatively nowhere. Centuries have passed since *e pluribus unum* has been talked about by the founding fathers and we still do not live by it. Yes, racism and stereotypes affect everyone, but do not be naïve enough to think that it affects everyone to the same degree. The smart Asian stereotype gets you a job, while the dumb, dangerous black thug stereotype gets you followed by the cops; idealistically neither should exist.

So why do you sit with who you sit with? Why are you friends with who you are friends with? I dare say you probably have something in common. I would also venture to say that you and your friends are not out to create an elite society. But step out your comfort zone. If you want to know why black people, or any people for that matter, sit together to eat, next time you walk into Sodexho, walk up to a table and ask them. Who knows, you might be invited to sit down, you might engage yourself in a stimulating conversation, and best of all you might end the meal with some new friends.

Send responses to colonnadeletters@gcsu.edu

Our Voice

Spring Fest a ritual for parents, not students

GCSU hosted its annual Spring Fest this past Saturday. It was a chance for Registered Student Organizations around campus to showcase their best amenities to potential students and try to gain a little interest from them at the same time.

The Colonnade took to the event ready to dish about all the great reasons to get involved with the school paper. Not only did we come ready to inform, we had flying discs, water bottles, a giant bowl of candy and six balloons thanks to a brand new helium tank we bought just for the occasion; all to attract hopeful reporters willing to give The Colonnade a shot.

What we were not expecting was the interest these potential student's parents had in their little pride and joy working for the paper. The parents did all the talking as their high schooler stood by trying not to look embarrassed that they had parents.

There were the token few students that probably looked forward to Spring Fest. They were definitely in attendance and were easy to pick out of the bunch. These were the students that lead their parents; they did not sulk behind them avoiding eye contact with everyone. They did not tug at the sleeves of their parents and say "let's go" through gritted teeth. They were happy to be there, but they were in the minority.

Spring Fest is an opportunity for the parents as well as the high schooler. The parents do it to get a decent look at what is in their child's best interest as they embark upon their college career. The child does it, well, more often than not, because the parent thinks it is in their best interest.

Ultimately, Spring Fest is for the student, but when the student is solely doing it for the parent, it becomes an event catered to the adult. Of the hundreds of people in attendance this past Saturday, about 30 stopped by The Colonnade table. Some tables got more, some got less. We were pleased with the turnout.

We were not so pleased with the amount of interest students had. The parents were super excited but it was hard to look past the fearful eyes of the high schoolers, thinking at any moment their excitable predecessors would hand over embarrassing photos or dish their deepest secret.

We talked business with some parents. We handed out some information. We got a few e-mail addresses. Basically, the major highlights of this year's Spring Fest: We now have a giant bowl of leftover candy and a sweet helium tank in the office.

Send responses to colonnadeletters@gcsu.edu

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CORRECTIONS

The Colonnade wants to correct mistakes appearing in the newspaper. If you believe we have made a mistake, please call us at (478) 445-4511 or (478) 445-2559 or e-mail us at colonnade@gcsu.edu

LETTERS TO THE EDITOR

Accident waiting to happen at dangerous crosswalks

Dear Editor,

As I was driving my car on West Hancock Street, I had to come to an abrupt stop in order to not hit students who were crossing the street to get to the parking lot on North Irwin Street. This area is not only dangerous for drivers who have to be alert, but for students who fear for their lives every time they need to cross the street.

I have found it especially hard, as a driver, to see students who are trying to cross the road late at night. Even though I am a GCSU student and know that many students cross this

street that come from North Irwin Street parking lot, I oftentimes forget to drive extra-cautiously. For other drivers, who are not aware that students cross this road on a daily basis, there needs to be some preventative measures taken.

At night there is no way of knowing that students are trying to cross the road. I think there needs to be a caution light put up to let drivers know to slow down. Or even better, why not have a stop light with a crosswalk? Driving on this street, I have also noticed that there is a once used pedestrian bridge that connects the North Irwin Street

parking lot side to the other side of Hancock Street. If this bridge could become usable once again, it would cut the dangers of students worrying about being struck by ongoing cars.

Our school needs to take care of this problem before there is a major accident and a student's life is put at risk. For the mean time, drivers need to be aware of students trying to cross the street near North Irwin Street parking lot.

Sincerely,
Tamalyn Roebuck
Sophomore
Mass Communication

CORRECTIONS

In the March 2 issue of The Colonnade we identified the latest winner of the GCSU Athlete of the Week award as Stanley Keaton. His name is Shaun Keaton.

In the March 2 issue of The Colonnade we stated that Sandra Godwin spoke against the changes to commencement during the University Senate meeting. She did vote against the amendment, but did not speak about it during the meeting.

THE COLONNADE POLICY: LETTERS TO THE EDITOR

The Colonnade encourages readers to express their views and opinions by sending letters to the editor at: CBX 2442; Milledgeville, Ga. 31061 or by e-mail at colonnadeletters@gcsu.edu

All letters must be typed and include:

- names

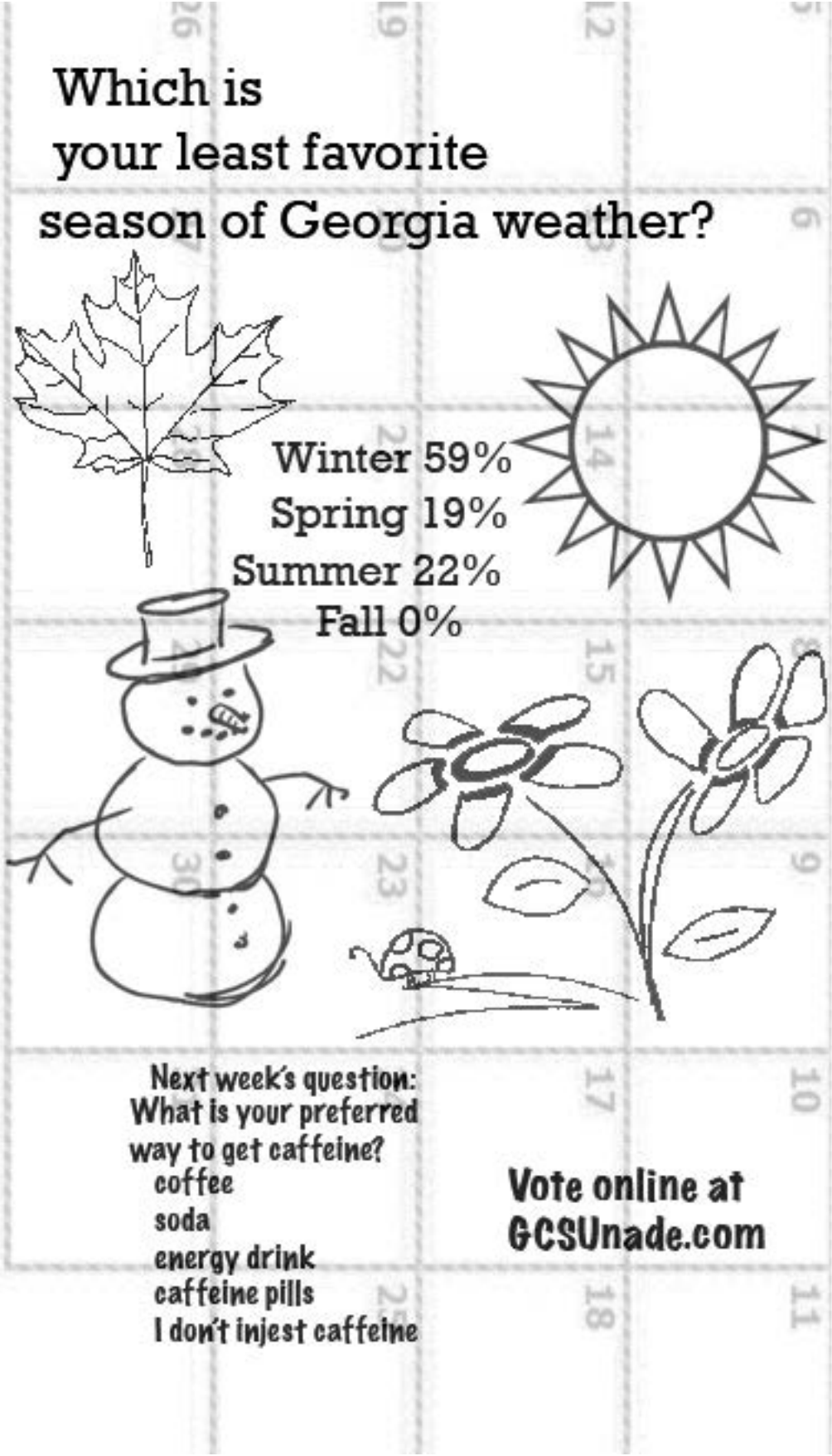
- address/ Email address
 - telephone number
 - year of study
 - major
- Only your name, year of study and major will be listed.
- Unsigned letters will not be printed. Names will be withheld only under very unusual circumstances.
 - Letters longer than 300

words may be condensed.

- All letters will be edited for grammar, spelling and punctuation errors.
- All letters become the property of The Colonnade and cannot be returned.
- We are not able to acknowledge their receipt or disposition. Letters will be printed at the discretion of the Editor in Chief.

POLL OF THE WEEK

GRAPHIC BY MEGHAN WIER

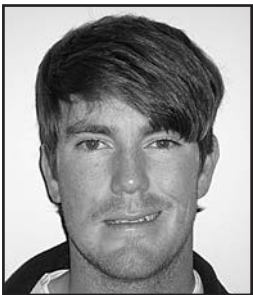


“What are your thoughts on the phrase: Beauty is in the eye of the beholder?”



"I believe you have to take into account who the beholder is."

Diana Mullis, Junior, Accounting



"It all depends on the person and I think it can be true in some cases, but not in all."

Michael Simons, Senior, General Business



"It proves that true love is really out there."

Jennifer Irish, Sophomore, Spanish



"I would agree with this statement. We all perceive people differently."

Kyle Hammock, Freshman, Undeclared



"If someone can find beauty in a person someone else can't, I think that is wonderful. Beauty is definitely subjective."

Erik McNair, Junior, Mass Communication

Beat Reported by Kate McWilliams

The Litter Box

Instant Message with "ColonnadeVent"

ColonnadeVent

Last message received at: 6:33:10 PM

Who knew that you could break your foot on an inflatable obstacle course?

Anyone else sick of the Housing people telling you that University Housing is the cheapest and best thing around? I pay around \$300 a month (about \$200 less than what you pay for their crap) and I don't have any stupid CA's or RA's trying to find something wrong with the way I'm living.

To last week's vent about the bus: You know, there's a little thing we learn here in college, and you should've picked up on it in your FRESHMAN SEMINAR - it's called "time management." This means you don't dart off to the bus 15 minutes before class when you live out at Bobcat Village. The bus doesn't run around your schedule. It runs around the average student's schedule. Besides, it takes nearly 15 minutes for the bus to get from point A to point B with all the stops it is required to make. You most certainly CAN give up that extra 15 minutes of sleep or, more likely, primping in the mirror, so that you can get to class on time.

A nice, cold bottle of Yoo-Hoo does the body good. Mmmmm.....

I pulled a groin muscle standing up. Crap.

I was in South Georgia when I meet a cactus.

1. Cut a hole in the box. 2. Put Deanie Ray in that box. 3. Make Jessica open that box. And that's the way you do it. It's Deanie Ray in a box!

Why does my e-mail always tell me that I can gain two inches? I'm afraid if I gain two inches, it'll hurt.

I was on my way to Toshie Station to pick up some power convertors.

Damn, that boy funny!

Maybe more people would show up for meetings on campus if they served punch and pie.

My mother is a fish.

My vagina is ANGRY!!!!

Lucida G... 12 B U A A Link Add Get Info Send

Want to vent about something? Send us a message about what's bothering you to screen name **ColonnadeVent**. Comments can be sent anytime, any day of the week.

Adderall

Continued from Page 1...

tions have tripled,” Altry said.

Amphetamines activate the central nervous system. Adderall serves as a chemical replacement and treats Attention Deficit Disorder and Attention Deficit Hyperactive Disorder.

“When a person uses a prescription amphetamine it slows them down to the point where they are able to concentrate and pay attention,” Altry said.

John Beese, GCSU alum, suffers from diagnosed ADD and has a prescription for Adderall. He

started taking the medication in high school to direct his attention to his schoolwork.

“It really helped me focus and eliminate procrastination,” Beese said.

According to Altry, when a non-prescribed user takes amphetamines it has a reverse affect, enhancing their reactions and ability to focus.

John Ham, GCSU junior business major, used Adderall to study for finals. Like many other students, he was extremely stressed about his finals. Adderall allowed him to stay awake for 34 hours. “I got more than enough studying done,” Ham said.

Amy Harrison, GCSU junior history major, took

Adderall to finish a research paper that was due the next day. “I needed to finish the paper and I was really tired,” Harrison said.

This power-hour pill is not all fun and games.

Amphetamines have high addictive properties and are prescribed with great caution. According to CVS documents, Adderall causes loss of appetite and weight, stomach pain, nausea and dizziness. Incitement of nervousness and irregular sleep patterns may also occur.

“The most severe side effect is increased heart rate,” Altry commented.

Brandon Chaney, GCSU sophomore marketing major, took Adderall only once and vows never to do so again. He resorted to the medication as his first option.

“I knew it would work but I think it worked a little too well,” Chaney said. He experienced restless sleep and an uncontrollable heart beat.

Chaney, Ham and Harrison are aware of health risks associated with amphetamine use.

“It’s speed in small legal dosages – so how could it be good for you?” Ham said.

Somehow it passes under the radar.

Mary Jane Phillips, director of Counseling Services, has never had anyone admit to her that they use Adderall without a prescription.

Most students do not feel that there is a problem with taking someone else’s medication. Harrison acknowledges that even though it is illegal she did not feel bad about taking it and Ham saw nothing ethically wrong with using Adderall to help him study.

Ryan Bidwell, GCSU sophomore business major, commented, “Since



PHOTO COURTESY OF THE WEB

it stimulates the brain and people that use it illegally are using it to produce good schoolwork, then there is nothing ethically wrong about taking non-prescription Adderall.”

Is the grade worth it?

Buyers and sellers of Adderall may not realize that according to the Prescription Medication Integrity Act, sellers of a prescription medication are guilty of a felony. Maximum penalty includes 15 years in prison and/or a \$50,000 fine.

Some students utilize traditional methods of studying.

Jill Tribble, GCSU sophomore education major, has never used Adderall.

“I need to learn how to study by myself and not have a drug do it for me,” Tribble said.

Pendar Khosravi, GCSU sophomore business major, believes that there is no gain from taking medication to complete one’s school work.

“To practice time management by spreading out your assignments. Do the hard assignments firsts and the easy ones last,” Khosravi said.

Adderall’s appeal is increasing as intense workloads and impossible tests continue to prevail. In efforts to succeed, students resort to illegally using prescribed medication, risking health and legal prosecution.

Election

Continued from Page 1...

major, wants to see students take a role in their government.

“It’s important for students to realize that to benefit them best, they need to give us their views and concerns so that we can address the issues as efficiently as possible,” Greene said.

The SGA Senate, composed of 25 GCSU students, acts as a “voice” for the GCSU student body. They convene every Wednesday to discuss and vote upon various resolutions that affect different niches of the student population. The sessions are presided over by the vice president, who is supported by the other officers. As typical session involves student organizations requesting financial support and deciding upon several that can affect all GCSU students.

“Last year, we passed a resolution that extended the operational hours of Sodexho,” Hodge said.

This decision was based upon various pleas students directed towards the SGA. After a victorious outcome, one would think that most students would applaud their student government.

Across the campus, many GCSU students did not vote in the election because they feel unaware of the SGA’s presence.

Mitch Bell, a senior history major, did not participate in the election.

“I don’t really notice anything they do, so I didn’t give voting much of a thought,” Bell said.

The SGA office is located on the side entrance of the Student Activities Center. Any GCSU student is welcome to drop by and share their concerns or



Ryan Greene,
President



Matt Alhant,
Vice President



DeMarcus Greene,
Treasurer



Alissa Torchia,
Secretary
KATEY FOLLETT / STAFF PHOTOGRAPHER

opinions about campus life at GCSU, and can also send e-mails to student.government@gcsu.edu.

“We, as a student organization, can help individual students make a change to GCSU as a whole,” said Greene.

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Details on page 13

“Environmental Parables”

A Presentation by
Felicity Barringer

Washington Correspondent (Environment)
The New York Times

THURSDAY, MARCH 15, 2007

12:00 PM – 1:00 PM

Peabody Auditorium

John H. Lounsbury School of Education

Georgia College & State University

ADMISSION IS FREE

Felicity Barringer was appointed Washington correspondent (environment) for The New York Times in September 2003. Previously she had been United Nations Bureau Chief since February 2003. Before that she had been a media reporter at The Times since April 1998, covering stories like the Los Angeles Times-Staples Center controversy and the merger of the Tribune Company and Times Mirror.

Prior to that she was the founding editor for the Monday Business Day section, which launched in May 1995 with a special focus on news about the media and technology sectors. She took that job after 18 months as the deputy editor of the Week in Review section.

Ms. Barringer joined The Times as a contributing correspondent in Moscow in 1986. For about three years she filed stories about the political and cultural upheavals of the early Gorbachev era. In addition to her coverage of Soviet culture, her subject matter ranged from the Chernobyl disaster to the Soviet space program.

Prior to joining The Times, Ms. Barringer worked as a reporter and editor on The Washington Post’s metropolitan and national staffs from 1976 through 1985.

She is the author of “Flight From Sorrow,” a 1984 biography of Tamara Wall, who lost her family and childhood on a journey from Hitler’s Germany to Stalin’s Siberia. Ms. Barringer has also written articles for The New York Times Magazine, The New York Times Book Review, ARTNews, Columbia Journalism Review and The Stanford Magazine.



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WHAT'S HAPPENING

March 9 - March 15

Friday, March 9

5 p.m.

Bobcats Baseball vs. Armstrong Atlantic State, Peeler Athletic Complex (West Campus)

7 p.m.

Glimpse Weekend GCSU Challenge, Bobcat 600 Building

8 p.m.

GCSU Jazz Band Spring Concert, Russell Auditorium

Saturday, March 10

9 a.m. - 5 p.m.

“Folk Art Is,” by 21 Self-Taught from Nine Southern States, GCSU Museum

10 a.m. - 3 p.m.

Study Abroad Orientations, A&S Auditorium

2 p.m.

Bobcats Baseball vs. Armstrong Atlantic State, Peeler Athletic Complex (West Campus)

7 p.m.

International Dinner, Magnolia Ballroom

Sunday, March 11

Monday, March 12

12:30 p.m.

Hispanic - Latino Student Meeting, Diversity and Multicultural Affairs Conference Room (MSU Rm. 150)

2:30 p.m.

Women’s Tennis vs. Piedmont, Centennial Center Courts

2:30 p.m.

Men’s Tennis vs. Piedmont, Centennial Center Courts

3 p.m.

Bobcats Baseball vs. Millersville, Peeler Athletic Complex (West Campus)

5 p.m.

Men’s Tennis vs. Concord, Centennial Center Courts

7:30 p.m.

Tres Vidas, Max Noah Recital Hall

Tuesday, March 13

9 a.m - 5 p.m.

A History of GCSU, Georgia College Museum

3 p.m.

Bobcats Baseball vs. Millersville, Peeler Athletic Complex (West Campus)

7 p.m.

“But What Can I Do?” Domestic Violence Awareness Panel, A&S 3-64

7:15 - 8:15 p.m.

Beginning Shag Dance Class, Miller Dance Studio

6:45 p.m.

Campus Catholics Holy Grounds, Blackbird Coffee House

8 p.m.

BSU Synergy, Magnolia Ballroom, SAC

Wednesday, March 14

10 a.m - 11:30 p.m.

Wonderful Wednesdays Internships, 232 Lanier Hal

12:30 - 1:45 p.m.

CETL Workshop 115 Beeson Hall

12:30 p.m.

“Shirin Ebadi: A Simple Lawyer” Film & Discussion, Museum Education Room

5 p.m.

SIFE Meeting, 109 Atkinson Hall

6 p.m.

A.N.G.E.L.S. Meeting, The GIVE Center

7 p.m.

Exercise Wise, Wellness Depot Classroom

8 p.m.

Wesley House, MSU Lounge

Thursday, March 15

12 p.m - 1 p.m.

History - What To Do With This Major? University Banquet Room - A

6 p.m.

“Senorita Extaviada” Film and Discussion, Museum Education Room

Please send calendar submissions to colonnadenews@gcsu.edu

THE COLONNADE

Public Safety Report

Improper use of Facebook

On Feb. 26, at approximately 4:47 p.m., a student reported that her roommate’s boyfriend had made a group on Facebook about her, which stated that he hated her. The case was turned over to Student Judiciary body.

What a drag!

On Feb. 26, at approximately 10:18 p.m., Sgt. Williams observed a vehicle driving at a high speed and lay drag in a parking lot at College Station. A traffic stop was initiated and Sgt. Williams could smell burning rubber. Contact was made with the driver, who had bloodshot eyes and this smell of alcohol could also be detected. The driver was not able to perform the field sobriety evaluations as instructed. When tested on the Intoxilyzer 5000, the driver registered a .185. The driver was arrested and transported to Milledgeville P.D. and charged with DUI and laying drag. The vehicle was secured and left at the scene of the stop.

Yelling and ice-sault

On. Feb. 27, at approximately 2:54 a.m., Officer Pissott was dispatched to Foundation Hall in reference to an unruly male throwing objects and yelling obscenities. Upon arrival, Officer Pissott observed a male matching the description given. Contact was made with the individual, who advised the officer that he had gotten into a friendly ice throwing fight. The victim advised the officer that the suspect had come into his room and began throwing ice and yelling obscenities at him. The suspect was arrested and transported to Milledgeville P.D. and charged with disorderly conduct.

Urine - It tells all

On March 1, at approximately 2:18 a.m., Sgt. English observed a male urinating on the grass between Jefferson Street and Golden Pantry. Contact was made with the individual, who was 18 years of age and he admitted to drinking alcohol earlier in the evening. The individual was arrested and transported to Milledgeville P.D. and charged with underage possession of alcohol.

Drunk in the hall

On March 3, at approximately 12:13 a.m., an individual reported that a student was in Adams Hall intoxicated. Contact was made with the student, who could not walk straight and who also had heavily slurred speech. The student was arrested and transported to Milledgeville P.D. and charged with underage possession of alcohol.

Pool’s closed: it’s marijuana

On March 5, at approximately 12:17 a.m., while locking up The Centennial Center, Sgt. Williams smelled marijuana smoke coming from the pool area. Contact was made with two individuals, who admitted to smoking marijuana and each claimed a joint of marijuana that was found next to the trashcan by the door. Both subjects have been turned over to the Student Judiciary body. The marijuana was taken into evidence.

Information compiled by Jessica Murphy

Please go online to gcsunade.com to download the extended Public Safety Report podcast.

NOW HEAR THIS

Attention all student organizations:

The Student Activities Budget Committee (SABC) will be meeting soon to discuss the 2007-2008 funding requests by eligible student organizations. To receive funding for the next year, groups must meet the following specific eligibility requirements and follow the budget request process as stated below from the approved “Student Activities Budget Committee Policies and Procedures.”

Organization Eligibility Requirements:

a) The group must be officially recognized and have a faculty or staff adviser. The organization must exist purely to serve or represent the student body as a whole. Programs and participation in the organization must be open to all students. The organization must not have any racial, religious, or ethnic ties which might discourage otherwise interested students from joining it and must not discriminate on the basis of race, sex or national origin.

b) The organization may require certain abilities or talents of its participants. However, the right to apply for membership in such an organization must be available to all interested students. Moreover, the organization must present a program which satisfies the following three requirements.

1. The program must be of general benefit to the student body and participation in the program must be open to all interested students.

2. The program must be one which the sponsoring organization is clearly better able to present than any other campus organization already being funded under criteria A.

3. The program must have sufficient value to warrant its funding when compared to other criteria spelled out above.

Approved student organizations that meet the eligibility requirements may pick-up information concerning the process and requirements for a budget hearing in the Student Activities Office.

The information may also be found in the Student Handbook Online at <http://www.gcsu.edu/studentlife/handbook/advisory.html>.

For full consideration eight (8) copies of the request for funding must be submitted to the SABC by March 16, 2006, c/o the Senior Assistant Vice President for Student Affairs, in the University Housing office in the terrace level of Sanford Hall, CBX 60. Approved student organizations meeting eligibility requirements are not necessarily guaranteed funding by the SABC, and organizations relating their request to the mission of the university will be given primary consideration. For any questions, please email Janessa Hartmann, Student Government Association President, at janessa_hartmann@cats.gcsu.edu or call at (478)445-2795.

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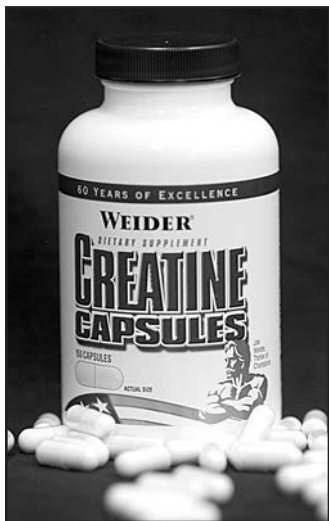
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WILL GODFREY /
SENIOR PHOTOGRAPHER

The scoop on creatine

BY DEVIN VERNICK
SENIOR REPORTER

In the gym, where conversation tends to involve some aspect of health, fitness or sport, the most talked about items are typically things that guarantee optimal results. It's no surprise then, that creatine is often at the center of many conversations in the gym, which usually occurs between guys who actually know little about it.

Creatine monohydrate hit shelves as a nutritional supplement in 1993. Its popularity swelled because of its claims to increase muscular size and strength, as well as reducing the time it takes to recover from intense exercise. Today, over 10 years later, most research and many exercise scientists agree that creatine supplementation has the greatest benefit for individuals looking to enhance intense, short-duration performance.

The irony is that the average GCSU student does not fall into this category. Other than for a competitive athlete, creatine isn't necessary for most people, according to Richard Dobson, an exercise science major.

"Creatine has become a trend," Dobson said. "Ask the average person why they take it, and they will not be able to tell you what it does for the body. They just want it because they heard someone else talk about it."

Though most studies report that creatine does increase muscle size and strength, this does not occur magically. Without the right training, it will not make a significant difference.

GCSU seniors Matthew Dobbs and Mitchell Bell are both students who have experimented with creatine supplements.

"It (creatine) didn't make much of a difference," Dobbs said. "The only reason I tried it was to impress the girls."

Bell tried creatine during high school. As a player on the football team, he felt pressure to keep up with his teammates in the weight room. Unlike Dobbs, he felt that taking creatine supplements made him physically stronger.

"Almost every guy wants to get stronger and bigger, and do it faster," added Dobbs.

The average person ingests roughly one gram of creatine per day and produces nearly a gram naturally. Meat and fish are two of the best sources of creatine.

Kidney damage is thought of as a potential long-term risk with creatine use, based on several reports of isolated cases.

Could creatine be too good to be true? Most scientists, as well as athletes are still waiting for time to tell.

What's the buzz behind energy drinks?

BY JESSICA MURPHY
SENIOR REPORTER

While many GCSU students still rely on soda and coffee for their pick-me-up boosts, successful advertising has paved the way for energy drinks and has helped them to become an increasingly popular trend among college-aged individuals.

Surprisingly, energy drinks have been around since the mid-'80s. According to The New York Times, Jolt Cola was the first energy drink on the market. It was a briefly popular drink that delivered a mighty wallop of caffeine in a 12-ounce can.

Though Jolt Cola never was a successful drink, it helped spawn a new generation of caffeinated energy drinks, which has overtaken bottled water as the fastest-growing category in the beverage business.

"Energy drinks are a great way to give you a boost whenever you are tired," said CJ Davis, a senior rhetoric major. "I drink them when I know I am going to have to stay up for a long period of time."

According to an informal survey conducted by The Colonnade, over 68 percent of GCSU students consume energy drinks.

"That number doesn't shock me at all," said Anna Stephens, a freshman biology major. "I drink them at least a few times a week, and I know that most of my friends do too. It's just hard to find time to get everything done, and I find myself having to stay up half the night and the only thing that seems to keep me awake is energy drinks. And until someone finds a better solution, I'm going to keep drinking them."

Of the 30 students surveyed, 20 chose Red Bull as their favorite energy drink while RockStar was a close second.

"I drink RockStar most of the time," said Nora O'Buck, a junior nursing major. "Whenever I have to work a long shift or stay up late, I usually will drink an energy drink."

Last year alone, over 2.5 billion cans of Red Bull were consumed worldwide according to Nyla Wilkins,

It takes . . .

75.5 cans of Rockstar

86.3 cans of Monster

151 cans if Red Bull



85.7 cans of Full Throttle

286.5 cans of TAB

152.9 cans of SoBe Adrenaline Rush

. . . to kill you

Based on the amount of caffeine in your system during a 12 hour period according to energyfiend.com

Red Bull media representative.

"Red Bull has been on the market for about 18 years and is sold in more than 130 countries," Wilkins said.

According to The Daily Utah Chronicle, drinks such as Red Bull bring the promise of energy and alertness, providing an alternative to common caffeinated beverages like coffee, which may not be as accessible as these canned beverages. They have even found their way into night life, where they

are often mixed with hard alcohols such as Jagermeister or vodka, indicating they supply the energy needed to "party like a rock star," RockStar Energy Drink's advertising slogan.

"Red Bull and vodka taste good," said Davis. "And when you are tired and want to go out with your friends, ordering a drink like Red Bull and vodka helps to pick you up so you can hang out with your buds."

Mixing stimulants like caffeinated energy drinks

with a depressant like alcohol does raise some concerns.

"Red Bull, because it is so highly caffeinated, is considered a stimulate and alcohol is a depressant," said Tyler Ver Stegg, a senior community health major. "And when you put both of them in your body, it could confuse your body and, therefore, be more risky when mixed with alcohol."

When questioned, Red Bull spokesperson Wilkins said consuming Red Bull with alcohol is not neces-

sarily harmful, but negates the intended effect of the drink.

"We do not promote Red Bull Energy Drink as a mixer with alcohol, as this might impair the positive effects of Red Bull Energy Drink as advertised. However, there is no indication that Red Bull Energy Drink has any effect related to alcohol consumption," Wilkins said. "There is no reason why Red Bull should not, like any other drink, be mixed with alcohol, as long as people do not underestimate that alcohol consumption might impair their mental and physical activities. Red Bull Energy Drink is not designed to counteract this."

Energy drinks are also an alternative for those who want an energy boost, but who don't want to consume alcohol.

"When I am downtown, I always find myself ordering just a Red Bull because it helps keep my energy level up so that I can have a good time with my friends," Stephens said.

There are serious health risks involved, though, with consuming energy drinks. According to WebMD.com, consuming large amounts of caffeine can increase blood pressure, cause rapid heartbeat, and can also create numbness and tingling in the hands and feet.

There are students on the GCSU campus who have strayed away from the energy drink trend because of negative side effects.

Jamie Webster, a junior marketing major, has never had an energy drink and doesn't plan on ever drinking one.

"They are expensive and unnatural. They give the impression that they are not good for you," Webster said. "Plus, they don't taste great either. I really just don't feel like I am missing out on anything."

GCSU senior Sarah Treleven does not consume energy drinks either.

"Anytime I drink them it makes me sick," Treleven said. "I don't prefer the taste of them either, they taste like crap. I just try and stay awake instead of drinking those disgusting

BUZZ Page 11

Moon buggy or golf cart - whatever it is - it turns heads

BY JESSICA MURPHY
SENIOR REPORTER

Some call them moon buggies, while others refer to them as an egg on wheels or the bubble. Call them whatever you may, but this new kind of vehicle that has been traveling around campus can simply be referred to as a GEM car.

Auxiliary Services has just recently purchased two GEM cars and their uniqueness has made them a distinct feature to the GCSU campus.

"The GEM cars serve the same purpose as a club car," said Kyle Cullars, executive director for Auxiliary Services. "They are a safer vehicle and are street-legal, which makes them even better."

According to the GEM Web site, these vehicles are the first multipurpose neighborhood electric vehicles available for sale from a major automaker. They are engineered to meet federal safety

requirements for street-legal operation as a low-speed vehicle (LSV).

GEM vehicles can be driven on most public roads and are powered by a 72-volt-battery system. The batteries are charged with an onboard charger that plugs into a standard 110-volt outlet. They take between six to eight hours to recharge.

Michael Blount, a sophomore art major, is not impressed with the new vehicles on campus.

"It's just another way the school wastes our money," Blount said. "GCSU needs bigger classes, not designer golf carts."

Students and faculty might be wondering where GCSU got the idea to purchase the GEM cars, and the answer is just right up I-75.

"I saw them at Georgia Tech, and that is where I got my initial idea that maybe GCSU needs one of these," Cullars said.

Georgia Tech has been

using the GEM car for over two years, and the car's reliability has impelled them to purchase over 100 more.

"I think they are a lot better looking than the old club cars," said freshman Allie Nix.

GEM cars purchased by GCSU were under \$11,000 each and the fuel savings, along with the preservation of the vehicles, is well worth the cost.

"GEM cars are just an upgrade for us," Cullars said. "They were only \$2,000 more than the club car. They are safer vehicles and are better vehicles for the folks around campus. We own two right now and we have one on the way."

The additional GEM car that has been ordered will be used for catering services.

"The vehicle that we ordered will be used for



JAMES ODOM / STAFF PHOTOGRAPHER
GCSU's GEM cars are the newest addition to Auxillary Services.

catering. We cater a lot of events," Cullars said. "And we drive on the street a good bit when we are catering, so this vehicle will be helpful to us."

The vehicles can fit into areas where larger trucks are prohibited. Their weight and vehicle footprint is light enough that damage to sod areas is nearly equal to that of a lawn mower.

"These vehicles are more efficient," said Lauren-Grace Roberts, a freshman early childhood education major. "They are cheaper than the other vehicles, and there is not as much upkeep."

Students and faculty should expect to see more GEM cars around the GCSU campus in the next few years.

Twist of fate connects teacher with two generations of students

BY KYLE DOMINY
SENIOR REPORTER

This story begins back in 1978. It starts in Montgomery, Ala., and ends here in Milledgeville. It could be fate, it could be serendipity or it could be coincidence. What ever it is, it's a once in a lifetime connection between professor and student.

"The world is this big now," said Rachel Sealy, a senior history major, making a small circle with her hands when she discovered that Dr. John Fair had taught her mother almost 30 years ago. "I don't know how to describe it. It could only happen to me."

Fair, professor of history, began his teaching career at Auburn University in Montgomery in 1967. In his 40 years of teaching, Fair has had many interesting students. In 1978, he had a young woman in his class by the name of Shelly Franklin, Rachel's mother. He never imagined that 29 years later, he would teach Ms. Franklin's, now Mrs. Sealy, daughter in a different institution in another state.

"I have had various children of former students before," Fair said. "I've had mothers and sons in the same class, but I've never had a student's child from Alabama. Rachel mentioned this to me last semester. (Her mother) had me for a class and she did very well (that class being a World History 101)."

Sealy's grade in the class doesn't just come from Fair's memory. He has it in



SPECIAL TO THE COLONNADE
(L-R) Shelly Sealy, Dr. John Fair and Rachel Sealy met last week to reminisce.

writing. Fair holds on to his old grade books.

In fact, Fair has no recollection of Mrs. Sealy in class.

"(Rachel) is a very interesting student, she is full of curiosity," Fair said. "But I don't recall how her mother was in class."

Sealy remembers Dr. Fair in class, though.

“I love to see this sort of thing happen and I don't think it will ever happen again.”

— Dr. John Fair

"I was very impressed with him as an instructor," Sealy said. "He is a wonderful story teller. He brought history to life."

Rachel had the same impression of Dr. Fair.

"Animated is the first word I can think of, very animated," Rachel said. "He's very picturesque, as far as lecturing goes. Eccentric, is the word I'm looking for."

The connection was made last semester, after

Rachel attended Fair's Celtic History class.

"I kept going home and I would tell my mom I had this wacky professor, Dr. Fair," Rachel said. "She just thought it was a funny because she had a professor named Dr. Fair when she was at Auburn."

Finally, Rachel told her mother about Fair going to Montgomery for the week-end, and she dug out an old Auburn course catalog to determine if they were both talking about the same Dr. Fair.

Sure enough, his name was in the back as part of the faculty with all of his credentials," Rachel said. "It was the same guy and the wackiest thing ever."

A couple of weeks ago Fair and Sealy were able to meet again. Rachel is currently taking Fair's World War I class and her mother came to Milledgeville to see her old teacher.

"It was a surprise and a delight," Fair said. "I love to see this sort of thing happen and I don't think it will ever happen again."

Buzz

Continued from page 10 . . .

things. I put music on, or shower or eat some sugar. I do whatever I have to do to avoid having to drink energy drinks."

There are many students at GCSU who are aware of the negative side effects that come along with consuming energy drinks, but who continue to drink them anyway.

"I feel my heart rate increase when I am drinking them but most of the time I just choose to ignore it," Stephens said. "I know that caffeine makes you jittery and that is just a price you pay when consuming energy drinks."

O'Buck, who is sensitive to caffeine, chooses to ignore her condition.

"I know that I am sensitive to caffeine, but I try to drink them slowly instead of chugging them. And I know that drinking more than one at a time isn't good for you, so I usually don't."

According to Wilkins, drinks like Red Bull are not intended for consumption in large amounts.

"Red Bull is a functional drink and not a thirst quencher," Wilkins said. "Generally, you can compare its digestibility with that of coffee, and this is a good guide to the amount you can drink."

Even though most energy drinks' nutritional facts and claims have not been evaluated by the Food and Drug Administration, some students are still choosing to drink them, while others are finding alternatives.

"I don't try to get any

extra energy from energy drinks or anything," Webster said. "I just try to deal with it instead. My health is more important than being able to stay awake for a couple of hours longer. It's just not worth it."

Energy drinks are taking over most beverage shelves at the local convenience store, but who knows how long this trend will last. Only time will tell.

"I am waiting for some sort of invention that will allow humans to stay awake forever. Then maybe, I will be able to get everything done," Stephens said. "But I don't see that happening anytime soon, so cheers to Red Bull and other highly caffeinated beverages that allow me to pull all-nighters and go out with my friends."



KATEY FOLLETT / STAFF PHOTOGRAPHER
Dana Landers tries for a spare as she participates in the annual "Bowl for Kids Sake" for Big Brothers and Big Sisters of America. See full story online at gcsunade.com.

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THE SPORTS GUY

BY WES BROWN



Wrestling not an option

The General Assembly concerned with recruitment and retention at Georgia's 35 colleges and universities drafted House Resolution 246 that urges the Board of Regents to create more intercollegiate wrestling programs.

The resolution states that none of the 35 institutions offer competitive intercollegiate wrestling at the present time and the lack of opportunity for competitive intercollegiate wrestling and the lack of scholarship opportunities for wrestlers has resulted in talented students fleeing the state to pursue opportunities in other states.

I believe this to be absurd. Making judgments about collegiate athletics is not their call. The General Assembly does not know the specific logistics of each school. The institution knows the demands of their students and is equipped to make better decisions for their school.

"It is unprecedented for the government to demand the addition of a sport," Athletic Director Stan Aldridge said. "I don't think it allows GCSU to survey its students and adhere to their needs. One sport will have little impact on retention for GCSU."

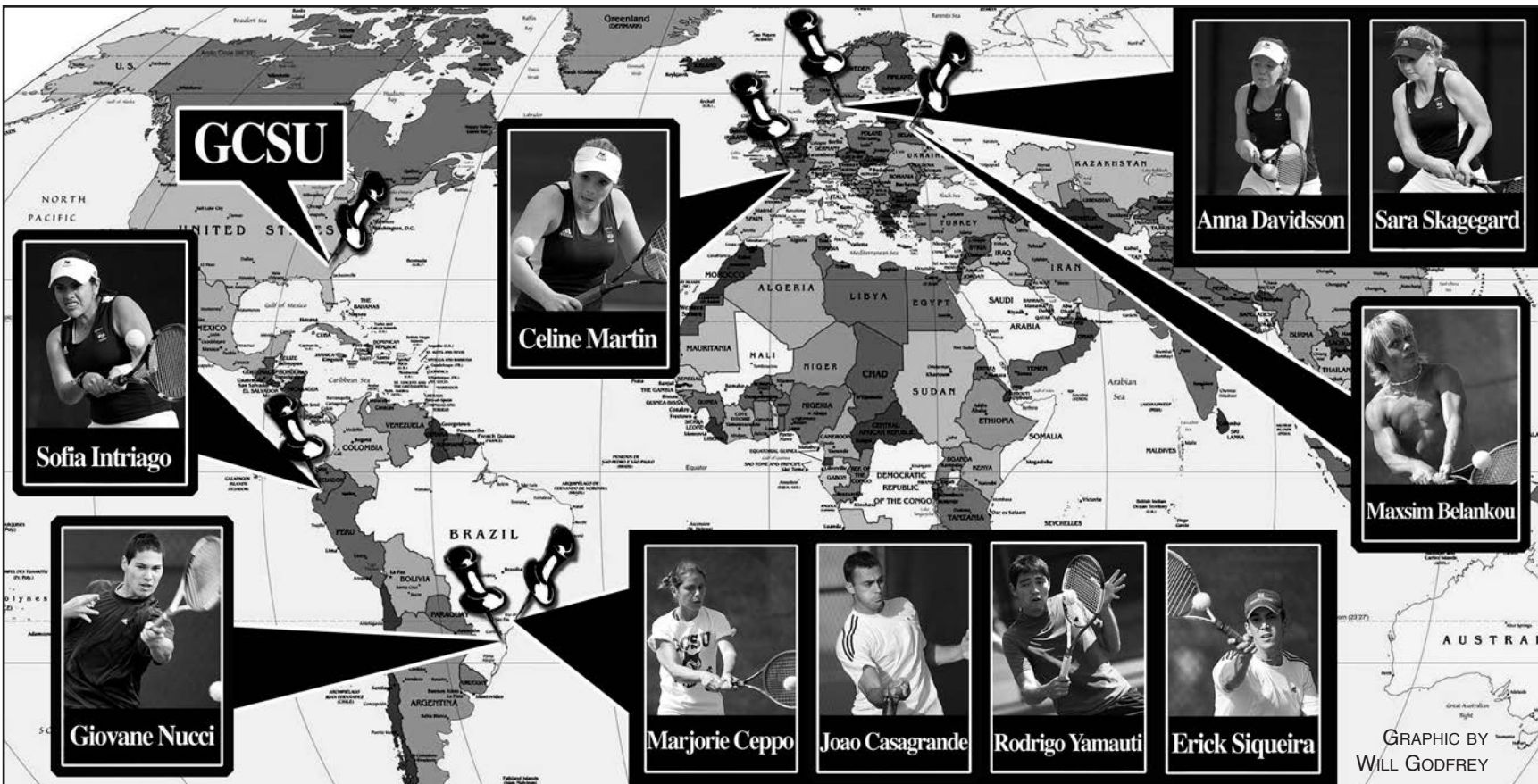
If this resolution were enacted it would completely inconvenience GCSU. GCSU has never had a wrestling program and does not intend in the future to create one. GCSU currently has 10 sports. To add a wrestling, the school would have to add a women's sport, which would cost the school more money.

GCSU has little demand for a wrestling program and has no competitors. The only school in the Peach Belt Conference with a wrestling program is UNC Pembroke. The university would be wasting money on funding a wrestling program.

"Pembroke is the only school in the conference with a wrestling team," Aldridge said. "We would have to travel out of state to compete. (GCSU) is one of the most competitive schools in the PBC, creating a wrestling program would rob the already competitive sports of funds."

GCSU has no need for a wrestling program. Don't get me wrong, I would like to have more sports, but if I had to choose between having fewer sports that win or having many sports that struggle to win, I would choose option one.

The sky is the limit for GCSU tennis



BY BECCA BROOKS
STAFF WRITER

For 10 of the 17 tennis players at GCSU, their Bobcat school spirit exposes a slight foreign accent. These 10 athletes have chosen to come here from countries all over the world on athletic scholarships.

Head Tennis Coach Steve Barsby, notes several reasons for the high ratio of international tennis athletes.

"In NCAA sports, there are more international players in tennis, because in the countries they came from, athletic scholarships do not exist," Barsby said.

Senior Anna Davidsson said there are differences in playing in America and playing in her native country, Sweden.

"When I play here, it's a team sport. Back home, tennis is individual and tournament-based,"

Davidsson said. "However, I like the team atmosphere better because it provides a lot of support and you are never alone."

The lack of scholarships in foreign countries has raised the level of tennis in American universities and creates a much more competitive environment for all divisions.

Rodrigo Yamauti, a senior from Brazil, has found other cultural differences in playing in the United States.

"When I am playing against a Brazilian player, we usually play on the base line since we have always played on clay courts," Yamauti said. "But, when I play American players, they go to the net and do different things."

Davidsson and Yamauti agree it is difficult adjusting to playing doubles, since it is not common in their native countries.

"I never played a lot of doubles in Sweden, so that has helped my game and tennis career a lot," Davidsson said. "I have played people from all over the world, and it has been a good skill."

Aside from the slight differences in the game, some cultural discrepancies have made living in America unique.

For Yamauti, the grilled foods of Brazil were more appealing and healthier. Yet, the major difference for him is the feeling of security that he has felt at GCSU. For Davidsson, the major difference was the move itself.

"When I moved here, it was my first time living away from home and I didn't know anyone," Davidsson said. "So there were some tough moments in the beginning, but I am really enjoying everything now."

Team bonding seems to

come naturally, as they eat, play, travel and sometimes live together. The players also hold each other responsible academically, according to Barsby.

"My philosophy is that attending a university or college is a privilege. Most of my players do not have an issue with academic responsibility, but some people do not take advantage of it," Barsby said.

Several international athletes use recruitment services to create resumes and find matches for universities. Then, the players will review the school's academics or examine the roster to find possible teammates from their home country. This process proves true to the GCSU tennis team; there are four male players from Brazil, and two female players from Sweden.

The high ratio of foreign tennis players does not disadvantage American tennis

players, Barsby clarifies. Since Atlanta has one of the largest tennis communities, recruiters have opportunities to form a capable team.

"As a freshman, you have to be tournament tough," Barsby said. "Especially for American kids, its more of a pride thing, because they want to play for a big name school, even though they likely won't start. On our team, as a freshman you start playing right away. So I don't think [the quantity of foreign players] takes away from American players at all."

While the camaraderie among the tennis players is evident, they all strive to better themselves individually.

"We have a great team," Yamauti said, "but we need to keep focused and work hard, so we can go to regional and hopefully the national tournament."

Lady Bobcats go astray in 2007 season



WILL GODFREY / SENIOR PHOTOGRAPHER

Senior outfielder Deidra Baitey connects with a pitch as the Lady Bobcats split a doubleheader with USC-Upstate at home Tuesday afternoon.

BY PATTY MAGUIRE
STAFF WRITER

The Lady Bobcats softball team consistently draws a broad fan base, as they are the 2003 National runners-up in the College World Series and their 2006 appearance as NCAA Regional Champions displays their talent.

Yet, out of 36 total games in the 2007 season, only eight are at home. One stretch of games led to a ten-game road trip followed by the current four-game road trip.

Ginger Miller, head softball coach, insists the schedule is no different than any other year. The conference games are set by the Peach Belt Conference and the Lady Bobcats play in four region tournaments, making away games hard to avoid.

The notion of home field advantage states teams fare better at home, due to a larger fan base and familiarity of the complex. Miller dismisses this superstition.

"While we like to play

at home, we do well on the road," Miller said. "You may get too comfortable playing in one place, so playing somewhere else helps keep you on your toes."

Because the schedule and amount of away games is similar to previous seasons, the players are used to traveling and even the freshmen adjust well.

"The girls learn how to manage classes and stay on top and keep school a priority," Miller says.

The team gets one day off every seven days. Whether a road trip is for a tournament or just one game affects how the team prepares. If it is a regular away game or double header, it is easier to work on defenses for the batters.

However, during a tournament, the Lady Bobcats often play 5 games in 3 days and it is more difficult to focus on one team. Instead, Miller makes sure the pitching staff is well-rested.

Billy Henley, a freshman exercise science major, plays Bobcat baseball and likes to support

the softball team when he can.

"I like to watch the games. I went after practice earlier this week," Henley said. "Obviously, more people go to home games, and they can't drive three hours away. Hopefully, they can go to the home ones at least."

Kathy Maguire, a sophomore history major, agrees.

"I love baseball but since I used to play softball, it'd be fun to go to some games. Maybe next year, there'll be more home games," Maguire said.

With beautiful spring weather around the corner, more students are making the trip to the Peeler Complex at West Campus to support the Lady Bobcats. Their spirit is so strong that it helps the team, even if they are on the road for continuous stretches. The next home game is March 18 against Belmont Abbey, but they don't need to wait until a home game to win. "We can play good anywhere, it's not just an at home thing," said Miller.

THE SHORT STOP



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Mon.	5 p.m.	Concord

Softball:

Fri.-Sun.	Tour.	@Francis Marion
Wed.	2 p.m.	@Lenoir-Rhyne

Women's Tennis:

Mon.	2:30 p.m.	Piedmont
Mon.	5 p.m.	Concord

STAT of the WEEK

13

The number of three-pointers senior guard Aaron Gibbs hit in the Bobcats' two games of the Peach Belt Conference Tournament.

Bobcats achieve near-perfection on the road



WILL GODFREY / SENIOR PHOTOGRAPHER
GCSU practices the basics, such as bunting, the week before going on their seven-game road trip. GCSU went 6-1 on the road, losing to only Columbus State who is ranked No. 6 in the nation.

BY DANIEL TROUTMAN
STAFF REPORTER

The GCSU Bobcats baseball team (14-4, 5-1 PBC) returns home to play Peach Belt Conference (PBC) rival Armstrong Atlantic today and tomorrow after a seven game road trip dating back to Thursday, Feb. 22. The Bobcats went 6-1 on the road trip losing only to No. 6 Columbus State. Out of their past 19 games, only two have been held in Milledgeville.

“It’s a difficult task, to go out and travel as much as we did early on (in the season),” Head Coach Chris Calciano said. “It really develops that cohesive type (of) group that we’re looking for.”

The road stint started in Carrolton against Division One powerhouse West Georgia. The team escaped the Wolves with a late rally for a 6-5 win. Seniors Hans Stancil and Bryan Shaughnessy teamed up for the go-ahead run in the eighth. With one out in the eighth inning, Stancil reached first on a bunt single to third, taking second on a wild throw by the third baseman. One batter later, Shaughnessy ripped a single to left center to plate Stancil for the go ahead run and the win.

The team then swept UNC Pembroke in three games in two days on the strength of strong pitching to pick their first conference wins. In game one, The Bobcats had a combined shutout from Michael Antonini and Andrew Harris while in game two

Matt Howard and starter Jayson Bennett combined to allow just one earned run.

The Bobcats ran away in game three with a 10-run third inning. Three Bobcats, Justin Mills, Stancil and Shaughnessy, each scored a pair of runs in the inning, while Stancil also had two hits and two RBIs in the frame.

The team then continued trickling down the coast back towards Milledgeville stopping in Clinton, S.C., to face Presbyterian College. The Bobcats held off the Blue Hose in a 6-3 win. Once again the heroics of Mills and Stancil saved the day. The two seniors combined for a pair of RBIs in the eighth inning, to put the game out of reach.

Next the Bobcats further south to slug it out with conference rival Columbus State. The Bobcats stole two of three from the Cougars.

The highlight of the trip was a 12-inning marathon in the second game of the series in which the Bobcats slipped away with a 2-1 win. Mills ripped an RBI double in the top of the twelfth to give GCSU the win.

Tired from the road stretch and the 12-inning stunt the day before, the Bobcats lost the final game of the series 7-2, marking their only loss in the trip and their first conference loss.

The last stop of the Bobcats’ journey was Valdosta State. GCSU beat the Blazers 5-2.

After it was all over the

team was glad to be home.

“Well, it’s kind of nice to get the road games over with at the beginning of the season,” Stancil said. “At the end of season it’s nice to be able to play at home and sleep in your own bed.”

For many underclassmen on the team, the trip helped them gain experience as a college athlete. Freshman shortstop Chandler Snell, enjoyed playing his first college baseball games on the road.

“It’s been good for me so far because I’ve been able to get my feet under me, get used to the game,” Chandler said. “I’ll feel a lot more comfortable once I’m able to play another home game. It’ll be a lot better for me.”

Junior pitcher Sean Heimpel, however, explained the weekly routine as monotonous.

“Well, we go out it seems like every weekend (and) we pack our bags, (and) we head out on the bus,” Heimpel said. “It’s a long road trip (for) five to seven hours. (We) basically live in a hotel room for two days. I don’t know, it’s just business I guess.”

The Bobcats are currently ranked No. 3 in the nation according to the Collegiate Baseball Top 30 Poll after winning two games out of three against previously ranked No. 3 Columbus State last weekend.

Armstrong Atlantic will be the first conference opponent that the Bobcats play this year at home.

COACHES CORNER

BY COREY DICKSTEIN



Week 7: Jimmy Wilson

To say Jimmy Wilson is involved with golf would be a drastic understatement. Wilson has served as GCSU’s head golf coach since 1997 and works as the director of golf at Milledgeville’s Fishing Creek Golf Course.

Wilson played golf for GCSU before graduating in 1986. He then chose to stay in Milledgeville, taking the job at Fishing Creek and volunteering with GCSU’s golf team.

“I helped out with the team for eight or nine years then (Athletic Director) Stan Aldridge asked me if I wanted to take the golf team over,”

Wilson said. “He was looking for someone who could bring some stability to the program.”

Wilson has guided the Bobcats to nine straight NCAA tournament appearances; five of those teams entered the championship round of the tournament.

“The key to the program’s success has been getting good student-athletes, student being a very big part of it,” Wilson said. “We use current and former golfers to help us bring in new golfers because they know what we’re looking for.”

The Bobcats are currently ranked No. 19 in

the Division II coaches poll after two straight tournament victories.

Wilson earned the 2000 PBC Coach of the Year, when the team won the PBC and placed tenth at the NCAA Nationals.

“We started the spring with two strong round down at Florida Southern and then sort of stunk it up in the third round, but we regrouped and went to Presbyterian and won and played at Armstrong and won,” Wilson said. “We talk a lot about no one person having to be the hero, we’ve got five guys that go out there and play golf and what happens, happens.”

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amenities

- individual leases
- privacy and luxury
- 2, 3, and 4 bedroom units
- fully furnished
- private full baths
- washer and dryer
- outdoor storage closet
- balcony
- gated community
- multi-media center
- large pool for lap swimming
- basketball courts
- sand volleyball courts
- fully equipped game room
- tanning beds
- computer labs
- exercise room
- hot tub
- shuttle bus
- X-Box room



*all utilities included!**



MAGNOLIA PARK | 529 West Bypass NW | Milledgeville, GA 31061 | 478.451.0077

stop by. take a tour. sign a lease.

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